

THE DRAGON'S LAIR

NEWSLETTER OF THE IRON DRAGON KUNG FU AND KICKBOXING CLUB

91 STATION STREET, UNIT 8, AJAX, ONTARIO L1S 3H2



**FEBRUARY 2010
VOLUME 2, ISSUE 2**

(905) 427-7370 / ajaxdragon@hotmail.com / www.iron-dragon.ca

COMMENTARY

I was thinking about that age old maxim “nothing ventured, nothing gained” and how it applies to us as martial artists. If you don’t venture from your home to get to your Kwoon, you will not gain improved fitness or increased martial arts skills! LOL!

Once you do go to the kwoon you must “venture” to try harder each time you get there or your gains will level off and come to a standstill eventually.

Martial Arts are one of the few activities where you actually get a return that exceeds your investment!

Iron Dragon offers a reality based self defense system that will also get you into terrific shape. The benefits do not end there!

Your Iron Dragon training is an investment of your time that will also give you improved Self Esteem, Self Discipline and an Indominatable Spirit! It is a positive activity with a structured program and schedule that will counteract the negative influences of gang culture, drugs and drinking!

Go forth and “venture” to your Kwoon – reap all the benefits and you will “gain”!

MODERN MARTIAL ARTS

Indominatable Spirit

My goal as a martial arts instructor is to instill (in my students) an “indominatable spirit”. What exactly does this mean?

Similar to the Star Trek motto: “To boldly go where no man has gone before”; my interpretation of indomitable spirit is “to boldly continue towards an honourable objective, despite outside negative influences and temporary setbacks”.

The simple way to reach an objective in life is to simply go in a straight path from point A to B. In reality however, we must traverse a landscape mined with negative people, negative situations and setbacks. Most people will be stopped dead in their tracks if the obstacle seems formidable enough. Our goal as martial artists is to seek ways around obstacles so that we will reach our objectives. The methods we use to achieve goals in our microcosm of martial arts training are applicable in the macrocosm of life itself!

Let’s say you train hard every time you come to the Kwoon but one day you incur an injury. Many people will give up training completely until the injury is healed and will return weeks later with the corresponding loss of training time. Some will never return to training once they have fallen out of the “practice of training”. However, a small percentage of these people will find a way to work around the injury so that the uninjured body parts are not left to stagnate while the injury in an unrelated body part heals. In this way they are able to train at less than 100% but a great deal more than the 0% realized by those who completely give up training till healed! They have found their way around the obstacle.

Similarly, consider the person who wants to attain a higher education - a University degree perhaps. He or she soon finds out that simply studying hard is not enough. Money is needed to pay for the courses and books. A person’s social life must be curtailed in order to budget time for school. They must stay healthy in order to keep up their studies. Some will find the sacrifices too great and won’t even try. Others will start their degree program only to give up when they run tight on money or find their social life falling behind. Yet, there will be those who have learned (through martial arts training) to find their way to their objective by getting an extra job or curtailing their social activities – simply nurturing their indomitable spirit!

The idea behind an indomitable spirit is not to be **THE BEST**. Instead, an indomitable spirit strengthens your resolve to be **THE BEST YOU** long after the untrained individual would normally have given up that quest!

CONDITIONING EXERCISE

PACE – A REVOLUTION IN CARDIO TRAINING

Recently I purchased a new e-book called Pace. The author, Dr. Al Sears wrote about his “revolutionary idea” pertaining to aerobic conditioning. The acronym P.A.C.E. stands for Progressively Accelerating Cardiopulmonary Exertion.

Here is the crux of his theory. Al Sears advances a theory that suggests long distance running will lead to adaptations in the heart that will accommodate such training. Structural shrinking of the heart is thought to occur as the heart becomes more efficient for repetitive long distance running. The downside

however, is that it causes the heart to lose “emergency reserve” that may be required under sudden and short bursts of activity above the intensity of long distance running. The heart will no longer be able to adapt to a sudden emergency where the body requests short bursts of intense activity!

Aerobic exercise as it is currently performed is supposed to strengthen the heart and increase lung capacity. The author notes that this is often not the case as evidenced by the death of Jim Fixx (noted author of a popular Running book that spurred the jogging craze in the 80's) and many other documented deaths of long distance runners due to heart attacks.

In 490 B.C., Phidippides, a professional runner was sent from Athens to Sparta to rally troops for the coming Persian invasion. The 140 mile trip took him 36 hours and his feat is proudly recounted by the many joggers and marathoners to this day! What they fail to remember is that he dropped dead after the run! LOL!

I'm sure there will be numerous scientific challenges to this theory. Looking at it from a non-scientific, plain common sense perspective, this theory surely makes sense to me. This “new” and “radical” method of aerobic exercise correlates to the way fighters have been training for years!

Long stretches of sub-maximal effort interspersed with sudden bursts of maximal effort for short periods of time! Think about how a typical sparring match or fight would go. Long periods of probing the opponent's defense and trying to fake him out, followed by short bursts of all out punching or kicking! I believe that we Kickboxers have been on the right track all along!

If you are interested in reading more, I urge you to visit the Pace website: <http://www.alsearsmd.com/pace2/jvnb/> and order the Ebook for your personal library. Email me if you'd like to borrow mine ;) ajaxdragon@hotmail.com

STRETCHING EXERCISE

TIGHT CALVES AND THEIR EFFECT ON THE KNEES

Martial Arts training can be very stressful to the Calves. Since martial artists try to remain light on their feet at all times, the Calves work very hard in every workout. Every jumping jack that we do in our workout, stresses the Calves and sometimes (if the Calf is not as strong or as flexible as it should be) an injury can result. I have found that an injury in the Calf can lead to problems with the knee as the body tries to compensate for the original injury. As usual, an injury that has happened to me will now become fodder for our newsletter! Damn I wish there was a better way to eliminate “writers block”!

We do a lot of Jumping Jacks at Iron Dragon, so it is my hypothesis that the injury I incurred is not due to weakness of the muscle itself. I believe that our

workouts make the Calf particularly strong...perhaps too strong! I now believe that we do not stretch the muscle enough on a regular basis.

Typically as a muscle gets stronger and larger it loses elasticity unless it is specifically stretched. This puts a strain on the connective tissue at either end of the muscle. It is my theory that in this case, the connective tissue of the Calf at the back of my knee became strained and put a stress on the Kneecap. I base this on the way the injury manifested itself. First it was a very tight calf. Then the tightness travelled to the back of the knee and finally to the lower side of the kneecap where it exhibits itself as a sharp pain.

So now, how do I propose to correct this situation? I'm going to try stretching the Calf muscle with the following stretches and hopefully I will be able to report in future issues of this newsletter that the treatment has worked!

Here are the stretches that I will be using.

1. Seated Straight Leg Toe Pulls

Sit on the floor with your legs outstretched. Grab hold of your toes and pull them towards you. You should feel the stretch in the top of the Calf just below the Knee. Do 2-3 sets for a 50 count. This is a very mild stretch so use this for a warm-up before the next stretch.

2. Standing Calf Raises with no weight and no repetitions

Stand on a box or milk crate (like the ones you used to steal as a kid to use as a container for your LP Record Albums). Those who were born after 1970 will probably not have any idea what I am talking about! LOL! Suffice to say, stand on a container or block that will lift you at least 6 inches off the ground.

Hang your feet off the edge similar to the position you would use for Calf Raises. The point here however, is to stretch the muscle not strengthen it further. Just hang your heels lower than your toes and hold the position for a 30 count. Do 3 – 5 sets. You will feel a tremendous stretch in your Calves.

3. Leaning Calf Stretch

With your arms outstretched, press your hands against a wall to maintain your balance. Gradually walk your feet away from the wall until you feel a light stretch in your calves. Slowly continue to move away from the wall to a point where you can feel a maximal stretch and then hold for a count of 50. Repeat for 2 or 3 sets.

FIGHT LEGENDS

ANDY HUG – AXE KICK MURDERER EXTRAORDINAIRE

Since we are featuring our first Axe Kick Murderer contest on Friday, January 29/10, I thought this would be the perfect time to introduce my students to the

master of the most amazing Axe Kick that I have ever seen! Andy Hug was the Axe Kick Murderer in his day and this is his story.

Andy Hug was born on Sept.7,1964 in Zurich, Switzerland. Andy's father was in the French Foreign Legion. He was killed under suspicious circumstances in Bangkok, Thailand before he had ever seen his son. His mother was left destitute and had no option but to send Andy, his brother and sister to live with Andy's grandparents. Andy began training in Karate at around the age of 11 and by age 15 had won the prestigious Oyama Cup of Switzerland. At this point he was still competing in non-contact style tournaments and was also renowned for his fine skills in Kata performance.

By 1981, Andy had moved on to the full contact karate style competition known as Kyokushinkai and won a place on the Swiss national team. 2 years later, in 1983 Andy won first place at the European Cup Kyokushinkai Championships thus earning a place at the World Championships the same year. Out of a field of 80 fighters in open weight class, Andy was able to battle his way to 16th place in his first appearance as a world class fighter.

In 1987, Andy made his 2nd appearance at the World Championships. This time he fought his way to the finals and became the first non-Japanese finalist in the World Kyokushinkai Championships! He lost a controversial decision to Shokei Matsui in the final. Subsequent to his loss, Andy continued on sharing his expertise with other Swiss world team members as a coach and mentor.

In 1991 Andy made his final appearance at the World Kyokushinkai Championships. He was dealt a bitter defeat in the finals when he was knocked out by a kick to the head from Francisco Filho. The knockout kick landed after the bell had sounded to end the bout but the promoter, Mas Oyama ruled the technique legal because it had been launched before the bell.

The loss prompted Andy to turn professional with the rival Seidokai association headed by Kazuoshi Ishii. Ishii went on to found the most entertaining kickboxing league on the planet - K1 in 1993! Andy was unable to win this prestigious title for the first couple of years that he competed. However in 1996 he defeated Mike Bernardo (who had beaten him twice before in 1995) to win the K1 World Grand Prix! Andy was a huge success in the orient and was known as the "Blue Eyed Samurai".

Andy continued fighting and defeated Mirko Crocop at K1 Fight Night in Zurich, Switzerland on June 3, 2000. Andy defeated Nobu Hayashi by KO in the 1st round of his last fight on July 7, 2000. He would take ill with Leukemia and die just a month and a half later on August 24, 2000!

Andy's Axe Kick was the most devastating weapon ever unleashed in a Kickboxing ring! In fact, he came to be known as the "Axe Kick Murderer"! I

dedicate our Jan.29/10 Axe Kick Murderer Contest to this amazing athlete! Rest in peace Andy Hug!

Here are a few pictures of Andy unleashing his Axe Kick of Mass Destruction! LOL!



Take a look at this highlight reel on YouTube and I'm sure that you will agree that this truly was The Axe Kick Murderer!

<http://www.youtube.com/watch?v=xLIZ50oaEbQ>

MARTIAL ARTS IN THE MEDIA

The making of "Twin Dragon Encounter" 1984

In the early 80's, Chuck Norris was riding a wave of popularity with a string of low budget action movies. As usual the general public believed all it was told about Chuck's real life exploits. Mick McNamara (one of my Sifu's at Twin Dragon Kung Fu Club) told us all, "the truth of the matter is that Chuck was a Point Karate Champion. Point Karate is nothing more than a game of tag with your hands and feet. Point Karate was the only game in town till full contact Karate and Kickboxing came into prominence around 1972 / 1973. Despite all the Hollywood hype, Chuck Norris never was and never has been a full contact fighter!"

Mick hated the fact that this "imposter" was making the big Hollywood bucks starring in movies that he felt lacked realistic action. Mick was convinced that he could do better! So began Mick's foray into the world of Canadian Movie making.

He worked day and night writing a script with Gary Hart (a Canadian film producer). Once the script was written, the two of them shopped it around to several producers and found that interest in the script was lukewarm to say the least. Mick then went to Telefilm Canada, a government agency whose mandate it was to finance Canadian productions. Unfortunately that agency was only interested in making "art" films that were very rarely commercial successes let alone entertaining!

Finally, finding that there was no way to get outside funding for the film, Mick decided to proceed with the film by funding it himself. Nobody believed it could be done yet there we were in the late summer of 1984 filming a Canadian Film, made by an Independent Film company that was to be known as Twin Dragon Film Productions Inc. The film was made on a shoestring budget that was outrageously tiny compared to the Hollywood productions of the time.

Only 3 actual actors were hired while the rest of the cast was made up of Twin Dragon Kung Fu club members and several members of a Punk rock band that was known by one of the actors. The group was known as the "BFG -Bunch of F___in' Goofs". LOL!

We had 3 weeks in which to make the film. All actors were housed in the base camp of the villains in the movie. I remember that the cast was comprised of members from the 3 Twin Dragon clubs in existence at that time. The members of each club and the members of the Punk rock group did not particularly like one another and at first one could cut the tension with a knife! The events of the next three weeks would change all that and brought everyone closer together than we had thought possible.

My character, coincidentally named Karl in the movie (LOL) was to sport a Mohawk. Mr. T and the A Team were all the rage on TV in those days so I suppose that is what inspired the do! LOL!

Anyway, I had my hair cut into a Mohawk the first day I was on the set. I had an incredibly huge Afro throughout the late 70's (when it was fashionable) right into early 80's (where it was deemed out of fashion)! I had held onto the do because I had developed an incredible vanity about my hair at the time. (Come on - I was 25 years old!) It killed me to get it cut but I had accepted the fact that I was going to be cutting it down shorter in future. I decided this would be a test to see if my vanity could deal with such a blow!

Later that day, we strolled into downtown Parry Sound. Try to picture this.....me, with my Mohawk, my friend with long greasy "Jeri Curls" and a feather hanging from an earring, several Mohawked Punk rockers, all of us clad in camouflage karate uniforms! Parry Sound as I recall was a rather red neck part of the country in those days, so it is no surprise that we drew stares and scared the crap out of

the locals who wondered what this gang of multicultural hoodlums was doing in their town.

Incredibly, my friend (another Twin Dragon student who shall remain nameless, but knows who he is) and I met a couple of girls at the local Canadian Tire Store! I was affectionately called "Mr. T" by my companion and my buddy was "Lionel Ritchie" to his, since he was sporting incredibly greasy "Jeri Curls" at the time. The filming had started off with incredible success! LOL!

We would film in the day from sunrise till sunset and would then retire to the "villains" camp for dinner and some home made wine. The stuff was disgusting but was it ever potent! The "rushes" of the previous days filming were reviewed every evening on an old projector and screen in the middle of the camp.

The film's budget constraints forced us to reside in the prop tents that had been set up as the "baddies" camp. Food was acquired at the local grocery store and then cooked over the open fires. Bathing was done "au natural" in the cold waters of Georgian Bay. I remember (when we were headed towards the set) that Mick McNamara informed us "there will be absolutely no skinny dipping" because "I don't wanna catch a Muskie"! LOL!

In the first week of filming the weather turned unseasonably cold and we bloody well froze in the flimsy tents that had been set up as "props" on the set. Needless to say the alcohol consumption went up as the weather went down. One of the rowdies from Martin's club got drunk one night and was such a pain in the ass that his friends locked him up in one of the prop cages that the "baddies" used to contain their captives. In the middle of the night one of the guys had to go out and throw a blanket in the cage to shut him up when he started whining that he was too cold!

The cold weather prevented us from taking our daily bath in the frigid waters of Georgian Bay. That, together with the dampness in the air caused most of us to develop a nasty rash of pus filled nodules on our bodies particularly on the genital regions! After some initial concern that this was the manifestation of a sexually transmitted disease, I was assured by Martin McNamara that this was just a result of being wet all the time and not being able to bathe! Let us say that I was very much relieved. Later as the dampness finally broke we all happily bathed and discovered that he was in fact correct.

As filming continued we realized that we were all fortunate to be fully trained martial artists. The lack of stunt men required us to accept the occasional mistimed punch or kick to the face. For the most part we were able to avoid injury because of our training. There were a few exceptions however.

The storyline required the use of a Hovercraft in one of the scenes. The Twins were able to barter the use of a Hovercraft by agreeing to put the owner in the

film. The owner of the Hovercraft was supposedly the “Canadian Hovercraft Champion”, although I highly doubt such a title even existed! Anyway, this guy was scripted into a fight scene. Here’s how it unfolded. The two Twins beat the crap out of our gang at our base camp. I attacked Mick with a stick and was quickly dispatched when he blocked the stick and kicked me in the head! Then Martin jumped down from a platform and planted a punch on the jaw of the “Canadian Hovercraft Champion” knocking him out cold!

The fight scene continued with various combatants stepping on the prone “Canadian Hovercraft Champion”. Finally the director yelled “cut”. All of us stood up and dusted ourselves off with the exception of..... the “Canadian Hovercraft Champion”! The man was so shook up he refused to simply lie in the scene for the continuity to the next scene. We had to dress up former World Champion kickboxer Paul Biafore as his lookalike so there would be a body laying in the next scene after the previous fight!



On the set of “Twin Dragon Encounter” 1984

Former Karate instructor and friend of the twins, Johnny Benton was to menace the captured girls with his Nunchaku’s. A “Robin Hood” like scene showed Johnny knocking an apple off one of the girl’s heads. A taped broom handle stood in for the actual Nunchaku handle as it whipped the apple off her head! LOL!

Johnny was injured on the set later when he was sent flying with a kick as he was dispatched by one of the twins. The slow motion filming of the scene ensured that the pain on his face (as he was violently impaled upon a tree stump) would be captured on film for posterity! If I recall correctly, he wound up with a broken rib!

A hilarious incident occurred during the filming of one of the fight scenes. Longtime member Mike Renata was kicked and killed in a fight scene. As the fight unfolded the director suddenly yelled "cut". The "dead" Mike Renata was seen crawling through the rest of the scene on his hands and knees with a knife held menacingly in his teeth. This, despite the fact that he had just been "killed" earlier in the same scene! LOL! He explained that he was just trying to make the scene better! The director disagreed and the scene was reshot!

As filming wrapped up we all looked forward to seeing ourselves on the Silver Screen! Mick McNamara tried to sell the film to a number of Major Studios and was turned down. Finally, in order to recover his initial investment, Mick sold the movie to the Canadian Pay Per View Network that existed at the time...I forget the name of it. Our film was shown on the network for a number of months and Mick's confidence soared. Against all odds the Twins has successfully produced a Canadian Martial Arts movie, made back the money they invested and had enough left over to make a sequel! A few years ago, I was thrilled to come across the film on late night Television!

With his first movie made, Mick McNamara decided to do it again! He immediately began work on the script for "Dragon Hunt" – a sequel to "Twin Dragon Encounter". I will tell you all about the making of the sequel Dragon Hunt in next month's newsletter! In the meantime here are some of the reviews posted about Twin Dragon Encounter on the IMDb movie review site.

IMDb user reviews for

Twin Dragon Encounter (1986) [More at IMDbPro »](#)

Giving it a 10 for unintentional comedy!, 18 March 2006



Author: [udar55](#) from Williamsburg, VA

Holy crap! Let me rephrase that - holy holy crap crap! This action film is a vehicle for Irish kung fu twin brothers Michael and Martin McNamara, owners of the illustrious Twin Dragons Kung Fu schools in Canada. Here they stretch their acting abilities and star as Michael and Martin, owners of the illustrious Twin Dragons Kung Fu schools in Canada. They decide to go on a week vacation in the wilderness with their girlfriends but trouble starts immediately when they run afoul of a group of weekend warriors. The twins don't take kindly to the bad guys and, like the theme song by one Billy Butt states over and over, "We're gonna fight for the right to fight!" Running a scant 70 minutes, this is one of those rare films in the same league as classics like Hollywood COP, SAMURAI COP and THE CRIME KILLER. I knew I was in store for a good time when, in the opening fight scene, a criminal grabs a scrawny dog and yells, "Back off or I twist this mutt's neck!" Of course, the brothers are purveyors of good and save said dog (and the owner who is creepily stroked on the head by one of the twins). Michael and Martin look like a cross between

Tom Selleck and Robert Carradine. They are actually pretty good martial artists but the film ruins any aspect of them looking good by using video slo-mo during 50% of the fight scenes. Nearly every line in the film is killer but my favorite is when the twins return to the cabin after their girls have been kidnapped and one yells, "Our poster is gone!" Yes, they adorn the walls of their cabin with posters of themselves. Highly recommended!

Absolutely awesome "Canucks" take on the 80's martial arts flick!, 20 May 2009



Author: [essenceshaker](#) from United States

Wow! What a totally funny movie. Two real twins, who are real martial artists, that can actually fight in real life, make a martial arts movie. Whodda thunk it? Yea the fight scenes could be better but they're not half bad, and all self choreographed on a total film budget less than one hours cost of a Hollywood effort.

Lots of sly humor - just between the lines sort of stuff too.. Corny? Sure there's some corny, campy stuff too but ya' gotta love lines like this one "Confucius say...when fighting truckers...nail the suckers". Yea, that's what I'm talking about!!!! After kicking the crap out some belligerent truckers of course. Rent it, buy it, borrow it whatever...you gotta see it at least once!

Obviously acclaim from the critics was not forthcoming! LOL! Despite this, the Twins were hugely successful in starring, producing and financing a film with absolutely no previous experience. Outrageously they actually made a little money doing it!

Historical Perspective

PAI MEI TRAITOR OF SHAOLIN?

Few people have been vilified as much as Shaolin Monk Fong Do Duk commonly referred to as Pai Mei (Mandarin) / Bak Mei (Cantonese) – The White Eyebrowed monk. A number of legends attribute the destruction of the Southern Shaolin temple at Fukien to the treachery of Pai Mei. Other legends claim that he was forced to aid the Ching government forces in order to spare his followers from being tortured and killed by Ching government troops.

Pai Mei aka Fong Do Duk had trained at the Northern Shaolin Temple for many years. He attained a level of Kung Fu that equaled many of the older masters at just 30 years of age!

After the destruction of the Northern Shaolin Temple, Pai Mei escaped and sought refuge at the Southern Chinese Temple.

The version of the story that was passed down to me indicates that Pai Mei betrayed the Southern Shaolin Temple at Fukien by leading the government raid that led to its destruction around 1768. Exactly why Pai Mei turned traitorous is a fact that has been lost in the mists of time. It is said that the elderly Abbott of the temple, Gee Sin engaged in a duel to the death with Pai Mei in order to save the monks that resided at the temple. Gee Sin was killed in this duel and subsequently, most of the monks as well.

Scene from “Executioners from Shaolin” – Pai Mei vs Gee Sin
Pai Mei kills the beloved Abbott of the Fukien Shaolin Temple!

<http://www.youtube.com/watch?v=oF3Ld2qpWRI>

Around 25 monks escaped from the temple at that time and another 21 of those were hunted down and killed. Four of the remaining monks escaped into the countryside while Pai Mei retired to Wu Tang Mountain to study Taoism.

Pai Mei went on to create the Kung Fu system now known as Bak Mei Kung Fu – White Eyebrow Kung Fu. The other monks founded the 5 major Southern Chinese Martial Arts families. Lee, Lau, Mok, Choy and Hung family styles can all trace their lineage to these 5 escaped monks. Collectively they became known as “The 5 Ancestors”. Many of the family systems (particularly the Hung style) trained their students for the eventual overthrow of the Ching dynasty. Secret societies were established with this express purpose. With the establishment of the Chinese Republic and then the communist regime, these secret societies went on to become criminal organizations such as the Tong and the Triad which exist to this day in the orient and Chinatowns all across North America.

Contemporary Martial Arts Legends

GICHIN FUNAKOSHI (1868 – 1957)– FATHER OF MODERN KARATE

As Sifu at Iron Dragon Kung Fu club it is my duty to make my students aware of other Martial Art styles, founders and histories. As martial artists we are members of a fraternity of like minded individuals. There are many ways to climb a mountain, so too are there many ways to achieve martial arts mastery. At Iron we practice Kung Fu yet we are aware that almost all martial arts share a common ancestry in Shaolin. This month we look at the founder of modern Karate, Gichin Funakoshi.



Gichin Funakoshi began his training in Okinawan martial arts at an early age. From Master Azata he learned Shurite and from Master Itosu he learned Naha Te. In later life, he would meld these two Okinawan arts when he created Shotokan Karate. Shotokan is named after Funakoshi's pen name Shoto ie. "wind in pines".

Okinawan martial arts were derived from earlier Chinese Kung Fu systems that made their way to Okinawa in the late 18th and early 19th centuries. It is said that Hung Gar Kung Fu had a huge influence on early forms of Okinawan Karate.

Funakoshi's influence on Karate went well beyond his creation of Shotokan. Funakoshi was active in introducing and promoting Okinawan martial arts to the people of Japan. In 1922, Funakoshi did a special presentation for the Japanese Emperor. It was after this demonstration that he decided to remain in Japan to promote Shotokan Karate. He changed the meaning of Karate from "China hand" (which reflected its Chinese roots) to "Empty Hands" as it implied a system which was not tethered to any physical object.

Funakoshi was a great believer in Kata (Forms) and insisted that they be executed flawlessly. As a result, he produced many technically proficient students who went on to promote Shotokan throughout the world! On the other hand, he alienated Okinawan Karate exponents as they did not have the same fondness for Kata. As a result, Funakoshi decided to stay in Japan to teach his art of Shotokan Karate.

Funakoshi was a martial artist in the true sense of the word. He gained fame as a teacher and a promoter of Karate rather than for his fighting prowess. There are very few mythical stories regarding Funakoshi as he was a man of peace. The only documented incident that I was able to locate indicated that Funakoshi once engaged in a fight with a thief whom he held by the testicles till the arrival of police! It was an act which shamed the man tremendously, since he was unable to adhere to his philosophy of non-violence!

Funakoshi's mission to popularize Karate did not begin until he was 53 years of age! The quality of the instructors that Funakoshi turned out, ensured that Karate would become a popular martial art that would spread throughout the world!

OLD SCHOOL!

I was going through an old box of pictures and came across these pictures from early on in my training at Twin Dragon Kung Fu Club. Here is Ol' Sifu with one of his own Sifu's Martin McNamara (one of the TWIN DRAGONS), first in 1977 and then 30 years later in 2007! LOL!



Dec.1977



April 2007

Here is one taken probably within the first week of my training with Alastair McNeilage in the summer of 1972. I was a White Belt just starting out! LOL!



July 1972



Sept.1974

John Chik (l), Karl Adhihetty (r)

The picture above was taken in the original Twin Dragon Kung Fu Club on Willowdale Avenue just above Sheppard Avenue in North York. The club was built over an auto mechanic shop. I can remember walking up the steep wooden steps to get to it. There were oriental style lampshades adorning most of the lights in the club. This truly was a traditional style club! You can see the traditional Kung Fu Shrine in the background. Traditional Kung Fu was still the main part of the curriculum in those days!

MEMBER SUBMISSIONS

The intent of this newsletter is to foster and facilitate a dialogue among my students relative to their martial arts training experience. Everybody will experience the benefits of martial arts training in different ways. It is up to me to create a hunger for knowledge in my students. It is up to my students to feed that hunger! When you come across information that may be beneficial to your fellow

students, I encourage you to submit them to me for inclusion in our monthly newsletter. The following article is one such submission. Thanks Craig!

Here is a great piece of info that was sent to me recently by member Dillon Toshack's Dad, Craig. I recently suffered an overuse type of injury to my knee and will definitely be trying this Cinnamon and Honey concoction! I will let you know my results in a future issue of this newsletter.

Craig obtained the following piece on the internet so I must again caution that everything that is available on the internet is not necessarily true! That said, I am always anxious to try natural remedies before going the pharmaceutical route. We now have a whole generation of people who are trying to overcome addictions to pain medications originally prescribed for a legitimate ailments that have cleared up while the addiction to the prescribed drug remains!

Cinnamon and Honey

Honey is the only food on the planet that will not spoil or rot. It will do what some call turning to sugar. In reality honey is always honey. However, when left in a cool dark place for a long time it will do what I rather call "crystallizing".

When this happens I loosen the lid, boil some water, and sit the honey container in the hot water, off the heat and let it liquefy. It is then as good as it ever was.

Never boil honey or put it in a microwave. To do so will kill the enzymes in the honey.

I bet the drug companies won't like this one getting around.

Facts on Honey and Cinnamon

It is found that a mixture of honey and Cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases.

Honey can be used without any side effects for any kind of diseases.

Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients.

Weekly World News, a magazine in Canada , in its issue dated 17

January, 1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

HEART DISEASES

Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. For those who have already had an attack, using this procedure daily can be kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

ARTHRITIS

Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

BLADDER INFECTIONS

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

CHOLESTEROL

Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS

Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

UPSET STOMACH

Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

GAS

According to the studies done in India and Japan , it is revealed that if Honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM

Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles to fight bacterial and viral diseases.

INDIGESTION

Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.

INFLUENZA

A scientist in Spain has proved that honey contains a natural ' Ingredient' which kills the influenza germs and saves the patient from flu.

LONGEVITY

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder, and three cups of water and boil to make like tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increase and even a 100 year old, starts performing the chores of a 20-year-old.

PIMPLES

Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.

SKIN INFECTIONS

Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

WEIGHT LOSS

Daily in the morning one half hour before breakfast on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the

most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

CANCER

Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month three times a day.

FATIGUE

Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3:00 P.M. when the vitality of the body starts to decrease, increases the vitality of the body within a week.

BAD BREATH

People of South America, first thing in the morning, gargle with one teaspoon of honey and cinnamon powder mixed in hot water, so their breath stays fresh throughout the day.

HEARING LOSS

Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing. Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it!

You might want to share this information with a friend, kinfolks and loved ones. Everyone needs healthy help information ~ what they do with it is up to them ~ share with your email buddies!!!!

Thanks for your submission Craig!

IRON DRAGON MEMBER SUBMISSIONS:

FROM MIKE FARDOE:

"Insanity is doing the same thing over and over again and expecting a different result."

EINSTEIN

PROVERBS TO LIVE BY.....**“Be not disturbed at being misunderstood; be disturbed rather, at not being understanding”**

Chinese Proverb – author unknown

PONDER UPON THIS.....

Chinese wisdom, proverbs, traditions, etiquette and history were as much a part of the art of Kung Fu as the physical fighting techniques that were taught. In keeping with that tradition, it is hoped that this, one of many proverbs to come, will enhance our students' martial arts experience for many years. In this day and age where many cultures have come together we are fortunate to receive proverbs of wisdom from many different cultures. It is my intention to present proverbs of any culture that are relevant to our training goals. These proverbs are intended to foster a dialogue about some of the less obvious facets of our art. The proverbs are purposely kept simple so students will ponder their significance and relevance in their own lives and experiences. Going forward it is hoped that all students will contribute to our monthly proverb. Short proverbs or wisdom from any culture that are relevant to the goals of our Martial Arts Community / Club are welcomed. Email: ajaxdragon@hotmail.com to submit your contribution.

LADIES KICKBOXERCISE LAUNCHED

The new Iron Dragon Kickboxercise class officially launched on Friday, January 8, 2010! Our first Kickboxercisers Oonah, Andrea, Orla and Kirsten put out a great effort and seemed to have a lot of fun despite the rigorous workout. Welcome to the Iron Dragon Family ladies!

Last week the ladies arrived at class with matching hot pink boxing gloves! Clearly this is a class that is fun and invigorating. Any female member of Iron Dragon is welcome to train with the ladies on Friday nights at 6 pm. I look forward to seeing you there!

IRON DRAGON TAYLOR VAN KESSEL MOVES TO COBOURG

Sadly, Taylor Van Kessel has left the good ship Iron Dragon and has moved to Cobourg. Taylor will be missed at Iron Dragon! Thanks for your hard work while you were here Taylor. Never have I seen such dedication from a 15 year old boy.

You will recall that Taylor took on and lost a close decision to a 26 year old man in Peterborough in only his first amateur Kickboxing bout! Taylor also won a Silver Medal at the CASK Continuous Sparring competition in Burlington earlier last year. I, and I'm sure all Iron Dragon Members wish Taylor lots of luck and continued success in this new stage of his life. Just remember....once an Iron Dragon always an Iron Dragon! I am sure that we have not seen the last of Taylor!



UPCOMING EVENTS

FEB.20/10 PETERBOROUGH, ONTARIO

Superheavyweight Pat Rhodes and Light Heavyweight Chris Martin will be fighting on Feb.20/10 in Peterborough, Ontario on an Amateur Kickboxing Event to be hosted by Extreme Kickboxing in Peterborough. Come out and support our athletes as they go up against some of Ontario's finest kickboxers!



Chris Martin



Pat Rhodes

TILL NEXT TIME.....

Until next time...keep Kickin', Punchin' and ...Kung Fu Fightin'!



Karl, Sifu